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RICHMOND PROGRESS

"The Friendly Newspaper That Dares to Tell The Truth"

Democratic, a Newspaper that stands solidly behind President Roosevelt and the New Deal

Sixth Year | Richmond, California, April 11, 1938 | Number Nine

Now Is the Time for All Good Men to Come to the Aid of The Party

Traitor Congressmen Must Be Defeated at Coming Fall Elections

CARTER IS ROOSEVELT ENEMY

True Colors of Sixth District Representative Shown By His Vote Against Reorganization Bill

"Democrats! Do not vote for Congressman Albert E. Carter as he is an enemy of President Roosevelt!"

Fortunately for voters of the 6th California Congressional District the vote in Congress against President Roosevelt's Re-organization Bill was taken last week. Five months before the August primaries Democratic voters here have been served notice by Congressman Carter that so far as his vote is concerned he chooses to be an enemy of the President on practically every bill that comes up. And if you think that the 27,000 Contra Costa County voters who voted for President Roosevelt, to the 9,000 for Landon, like THAT, you're crazy.

Congressman Carter has proved by his spiteful vote against the President—for no one maintains that the votes against the Re-organization Bill were anything but an attempt to put F. D. R. in his place," that he merits his defeat this fall. Oh, of course, he can win the Republican nomination, but the old process of having his stooges in the Democratic party to deliver him the nomination we predict will fail this year.

The strategy of the Republican Carter and his backer, Joe Knowland of the Oakland Tribune, will, we believe, be the same as for the past eight years. That is to divide the Democratic vote amongst a lot of nonenties and concentrate all the votes of the Merriam-Democrats on Carter.

It won't work this year. Not because such birds as Avery Moore and Cappy Ricks can not be induced to come in and split the vote. You couldn't keep them out with a 20-Mule Team; but their pitifully small and dwindling influence in the Democratic campaign is already discounted. And we have it on a pretty good authority from the Democratic organization that a leaf will be taken out of the Republicans' book and a great flock of Merriam-Democrats are to be put into the race specifically to take votes away from Carter, so that the Democratic votes can be concentrated on a real Democrat to get the nomination in the Sixth District.

We can't give you the names of the Democratic winner now. Maybe it will be Luke McGluke or Billy Whiffletree or Radindrinath Majore. Whoever he is, real Democrats may know that he is pledged to support President Roosevelt. For our present Congressman—Albert E. Carter—has been weighed in the scales and been found wanting; and he will be returned to private life this year by almost a unanimous vote.

(Incidentally, we understand the motto of the Townsend Clubs this year is be: "Townsendites! Do not vote for Congressman Carter this year as he is an enemy of Dr. Townsend!" This is the result of Carter's alleged traitorous action of two years ago when he accepted the support of Townsend voters before the election and immediately afterward denied that he had been for the plan.

THE NATION'S LEADER

PRESIDENT FRANKLIN DELANO ROOSEVELT

Whose set-back at the hands of a bunch of egotistical Congressmen on the Re-organization Bill has made 27,000,000 supporters "b'ilin' mad" and out to get the scalps of the Congressmen when they come up for re-election this year. Marked for the slaughter is our own Congressman Albert E. Carter who voted against the President and the People on this bill.

Perasso Radio Program

Listen to "The Shadow" every Friday night on KYA. This interesting program is made possible by the progressive promotion of the peerless tire and battery merchant of Richmond, Joseph Perasso. Congratulations, Joe, on your contribution to the ether waves, may you have lots of listeners.

Mr. and Mrs. Arthur Fischer of Sacramento visited Mr. Fischer's parents, Mr. and Mrs. M. Fischer, on Tunnel avenue last week.

Interest in City Elections

Tomorrow, April 12, will mark the first real activity in political circles for this year when various municipalities throughout Contra Costa hold their city elections.

* * *

Closest to Richmond is El Cerrito in which there is a spirited campaign between six popular citizens for the two vacant positions on the El Cerrito board. Besides the incumbent, Hans M. Nissen, those running are High School Board Member Ira A. Scott, Chamber of Commerce Manager Joe Martyn Turner, Frank Nicoli, Charles Kaufman and Frank Aimans. We could not predict with any accuracy the results of the poll; but we do believe that everyone will be greatly surprised at the large vote to be polled for Frank Nicoli. Whether this young man, scion of the leading Italian-American families of this vicinity, can fight his way into one of the two winning positions we cannot say; but for the first time out, he is bound to set an enviable record.

* * *

Also in the Martinez election keep your eyes on young Walter Valdi, young business man and former president of the Contra Costa County Labor Council. We look and hope for this young man to be successful and predict it will be but the first rung in his upward climb on the political ladder.

Another interesting candidate in the Martinez election is C. A. "Cappy" Ricks. At various times we have been for and against "Cappy" politically. But we can safely make the prediction that if Cappy DOES make the city council then proceedings on the board will take on a new interest and no mistake about that.

Stores Close Good Friday

All merchants in Richmond are asked to close on Good Friday, April 15, from 12 p. m. to 3 p. m. Both Catholic and Protestant denominations are united in the effort to observe the anniversary of the death of the Founder of Christianity on the cross at Calvary two thousand years ago.

The observance which began several years ago in the city of San Francisco has spread until now most of the larger cities of the United States take part in the observance. Special services will be held in the churches.

In Richmond last year the merchants closed for one hour and it is expected this period will be increased to the three hours. A committee from the Young Men's Institute are contacting the merchants and asking for their cooperation.

Young Democrats to State Conference

Headed by President Joseph Kenny of the Richmond Young Democratic Club, delegates attended the recent convention of the clubs at Fresno, and returned with plans to greatly enlarge the membership of the local unit. Other delegates who attended included John Sindicich and Eldo Canonica.

Next big event in local circles is the mammoth dance to be given by the Young Democrats in Memorial Hall on April 30. Carl Richofsky, Misses Eva Corrigana and Helen Nugent are arranging for the program. The Charter will be presented at this dance. There will be union music and the public is invited.

Death of Harry Benakis

In the passing of Harry Benakis, popular restauranteur of Richmond, this city lost one its sincere boosters, and his intimate friends, of whom the number is legion, lost one whose cheery smile and pleasant badinage made life worth while for those with whom he came in contact.

Many years ago, "Harry," as he was popularly known, opened the Key Route Restaurant near the old car barns. And in the throng which attended the rites at his bier in the Richmond Funeral Parlors last Thursday, were many friends from the Key System who "knew him when."

In 1933 Mr. Benakis and his son, John, popular Richmond clubman, opened the Harry & Son Cafe at Eleventh and Macdonald avenue. It is the outstanding restaurant in the East Bay. The business will be conduced by Mr. John Benakis for whom we wish continued success.

Galileo Club's Fifth Anniversary

On April 24th the fifth anniversary of the Galileo Club will be celebrated at the new clubhouse on 24th street.

President Frank Rinna has delegated Joe Perasso to be the general chairman and he will be assisted by such popular Galileans as Anthony Gatto, Mike Lecce, Pete Robbiano, Frank Ceridono, Joe and Bruno Roveda, and many others.

Most Horrible Crime

Last week some unknown fiendish, monstrous beast in human form perpetrated one the most horrible crimes in the history of humanity when the beloved wife and daughter of Mr. Weston G. Frome, popular Contra Costa industrialist, were found foully murdered near Van Horn, Texas.

This weekly newspaper wishes to join with both the Richmond daily newspapers in expressing the demand of this city that every effort be directed to the capture of the perpetrators of this dastardly crime; and when he, she or they are captured and convicted that the full force of the law be invoked for the expiation for this crime.

News Review of Current Events ★

"REFORM" BILL PASSED

Measure Giving President Vast Powers Squeezes Through Senate . . . May Die in House

Senator Pat Harrison of Mississippi, chairman of the senate finance committee, is here seen telling members of the press what his committee had done and proposed to do to the revenue measure so that it would be less objectionable to business and to the country in general. It already had made radical changes in the bill as it was passed by the house.

Edward W. Pickard
SUMMARIZES THE WORLD'S WEEK

© Western Newspaper Union.

Wide Powers for President

PRESIDENT ROOSEVELT'S reorganization bill squeezed through the senate by the close vote of 49 to 42, after a fierce fight. A motion to recommit, which would have virtually killed the measure, was defeated by a vote of 48 to 43.

Opponents of this bill are convinced that it paves the way for a dictatorship in the United States.

The measure was sent on to the house, which already has passed bills covering some of its features. There is no certainty, however, that the senate measure will ever be brought to a vote in the house. Chairman O'Connor of the rules committee said it should be allowed to slumber peacefully in some pigeonhole.

The bill authorizes the President, by executive order, to transfer, regroup, co-ordinate, consolidate, segregate the whole or any part of or abolish any of the 135 bureaus, agencies, and divisions of government.

Excepted from this section, however, are the federal reserve board, the corps of engineers of the United States army and the independent, quasi-judicial and regulatory establishments, such as the board of tax appeals, the communications commission, the federal trade commission, the interstate commerce commission, and the national labor relations board.

It abolishes the civil service commission as now constituted, and the general accounting office. It creates a new "department of welfare," and it authorizes six more $10,000 a year assistants to the President.

Utilities Must Register

IN A 6 to 1 decision, the United States Supreme court upheld the registration provisions of the Wheeler-Rayburn public utility act of 1935, but did not pass on the constitutionality of other parts of the law, including the death sentence for holding companies.

The court sustained an order of the New York Federal District court requiring the Electric Bond and Share company and 14 associated utility holding companies to register with the Securities and Exchange commission or else be denied the use of the mails and other facilities of interstate commerce.

Chief Justice Hughes delivered the court's opinion. Justice McReynolds, who wrote no opinion, was the only dissenter. Justice Cardozo, who is ill, and Justice Reed took no part in the consideration of the case.

Ten Men to Probe TVA

FIVE senators and five representatives will do the investigating of the Tennessee Valley authority, for the resolution for a joint committee inquiry was adopted by the senate without a dissenting vote, and appeared certain of passage by the house. The resolution was introduced by Sen. Alben W. Barkley of Kentucky, majority leader. It calls for investigation of charges of malfeasance and dishonesty made by the ousted chairman, A. E. Morgan, and includes eight of the twenty-three charges originally made by Senators Bridges and King in their first resolution for a congressional inquiry. It also calls for a "fishing expedition" into the activities of private utility companies and their injunction suits against the TVA.

Sen. Bridges

Sen. H. Styles Bridges, the New Hampshire Republican, in a radio debate declared the administration was trying to obscure the charges of scandal within the TVA by forcing the inquiry to cover the private utility angle. "The administration's strategy has been to cover up TVA dirt by a phoney counter-attack," he said.

He was answered vigorously by Sen. Lister B. Hill of Alabama.

Legality of President Roosevelt's action in ousting Chairman Morgan from the TVA board is still a matter that the courts probably will be called on to settle. Mr. Roosevelt "removed" Morgan after receiving from Acting Attorney General Jackson an opinion that he possessed the required authority. He reported the action to congress and said he had named Harcourt Morgan chairman.

Reasons for the removal of A. E. Morgan as given by the President were that he had made grave and libelous charges against his colleagues and refused to substantiate them at the White House hearings, and that he had obstructed the work of the authority.

Franco in Catalonia

GENERAL FRANCO'S insurgent army blasted its way through the loyalist lines and entered the province of Catalonia, moving far toward Barcelona, the third capital of the government forces. In this rapid advance about 100 towns were captured in a single day and many villages were demolished by bombardment by a fleet of 200 war planes said to have been contributed by Italy and Germany.

Italy warned France that any French intervention in Spain "might compromise peace on the European continent." The organ of the Italian foreign office, Informazione Diplomatica, published the statement, declaring Italy was "following with greatest attention the campaign of French leftists for intervention in Spain."

Silver Buying Halted

SECRETARY OF THE TREASURY MORGENTHAU announced that the United States had discontinued the purchase of Mexican silver until further notice. This probably was a direct result of Mexico's expropriation of foreign oil properties, which Secretary of State Hull considers a hard blow to his "good neighbor" policies. Price of silver was cut 1 cent an ounce.

The United States Treasury has been buying 5,000,000 ounces of newly mined Mexican silver each month, paying around $2,500,000 for it at the artificially maintained New York price, which gave Mexico sizable profits.

Japan's Regime in China

JAPAN announced officially the inauguration of the "reformed Government of the Republic of China" in Nanking. This puppet state is intended to replace the regime of Generalissimo Chiang Kai-shek and is headed by Liang Hung-Tze as chairman of the new executive yuan, a position equivalent to premier.

The Chinese were still fighting the invaders desperately along the Peiping-Hankow railway and claimed the Japanese were suffering heavy losses.

Colonel House Dies

DEATH after a long illness ended the notable career of Col. Edward M. House, whose name, during the World war era, was familiar to millions. He passed away in New York at the age of seventy-nine years. Shunning publicity and personal glory, House devoted himself untiringly to what he deemed the best interests of his country and for years his influence, especially in international matters, was great. An early supporter of Woodrow Wilson's political fortunes, he became Wilson's trusted adviser after his election to the presidency and continued to help direct his course immediately before and during the war, making frequent trips to Europe. He was Wilson's personal representative in the Versailles peace conference. Later he and Wilson disagreed and their close association came to an end.

Col. House

Profits Tax Out

PAT HARRISON meant what he said about altering the revenue bill that was passed by the house. His senate finance committee is making the changes. By a vote of 17 to 4 it eliminated from the measure the undistributed profits tax principle, substituting therefor a flat corporation income tax of 18 per cent.

As a further means of stimulating business and investment the committee adopted a provision drastically modifying the capital gains and losses tax. The committee removed capital gains on assets held for more than 18 months from the income tax category and substituted instead a flat rate of 15 per cent, which was what business and industry wanted.

In an effort to clear the way for speedy enactment of the tax relief legislation, the committee rejected a system of processing taxes on wheat, corn, cotton, tobacco, and rice, which the administration desires to finance proposed additional bounties to farmers amounting to $200,000,000 a year.

Jews Must Quit Vienna

THERE are 300,000 Jews in Vienna, and all of them must leave that city within four years. This was announced in the Austrian capital by Field Marshal Goering, Hitler's right-hand man, who set forth a program for the economic reconstruction of Austria. He said: "Vienna must again become a German city. No city with 300,000 Jews has a right to call itself a German city. Vienna has to fulfill economic and cultural tasks, and this is impossible with Jews. Therefore, they must leave."

Gen. Goering

Goering said he had intrusted the task of removing the Jews to Seyss-Inquart and that it must be accomplished quietly and mercifully by legal means.

There was great rejoicing throughout Germany when Cardinal Innetzer, archbishop of Vienna, issued a solemn declaration urging the people of Austria, most of whom are Catholics, to vote for the union with Germany at the plebiscite on April 10. The document was read in all Catholic churches. It warmly praised the Nazi rulers and pledged allegiance to Germany. This stand of the Catholic hierarchy made certain an overwhelming victory for Hitler in the plebiscite. It also led the Nazi chiefs to hope for a new accord with the Vatican.

Wheat Crop Estimates

PREDICTION by the bureau of agricultural economics of the Department of Agriculture is that this year's wheat crop will be 830,000,000 bushels, or 160,000,000 bushels in excess of the 1932-36 average. The survey estimates that the wheat carry-over in 1939 will be around 300,000,000 bushels.

The record wheat crop is based on the following factors: If farmers seed the acreage indicated in the prospective-planting report, and if average yields are obtained, this year's spring wheat crop, including durum, will total about 200,000,000 bushels. This, together with the winter crop of about 630,000,000 bushels, indicates a prospective output of 830,000,000 bushels.

House Shows Its Temper

EVIDENTLY the house of representatives doesn't want any more TVA projects started while the affairs of the authority are in such a muddle. By a vote of 186 to 157 it refused to concur with the senate in appropriating funds to start construction of the $112,000,000 dam at Gilbertsville, Ky. In opposition were 111 Democrats and 75 Republicans. The vote sent the matter back to conference.

Months ago the house appropriations committee rejected the proposition to appropriate $2,613,000 to begin the Gilbertsville dam, and the house left the item out of the bill. The senate was induced by Norris and others to put it back, but still the house refused.

Navy Bill Passed by House

WITH only a few votes in opposition, the house passed the administration's billion dollar navy bill. The measure authorizes construction of the largest battle fleet in American history by adding 46 combat ships, 22 auxiliaries and 950 airplanes.

The War department announced that army and navy officers were about to study plans for an enlistment program that would put more than two million men under arms within four months of a declaration of war. For this the army would require 1,250,000 recruits and the navy 500,000.

The first 300,000, under existing plans, would be sought as volunteers in the first month, before selective draft machinery like that of 1917-'18 was put into operation. Already prepared for quick submission to congress is a draft of a selective service law.

Tetlow Heads Coal Board

PERCY TETLOW, a lieutenant of John L. Lewis, has been elected chairman of the national bituminous coal commission to succeed C. F. Hosford, resigned. This apparently puts the C. I. O. chieftain in full control of the commission, in which his influence has been predominant. Tetlow began his career as a coal miner in Ohio and was an official of the United Mine Workers when appointed to the board.

Britain Ready to Fight

GREAT BRITAIN will not flatly pledge herself to fight to save Czechoslovakia from German aggression. But she will use her armaments to fulfill her treaty obligations to France and Belgium, and is ready to go to war in their defense if they are unjustly attacked.

Neville Chamberlain

That was the warning to Hitler uttered by Prime Minister Chamberlain in the house of commons, in the most important statement of British foreign policy since the World war.

Declaring his belief that peace will be maintained, Chamberlain said: "I cannot imagine any events in Europe which would change the fundamental basis of British foreign policy, which is the maintenance and preservation of peace. However, that does not mean that nothing would make us fight."

Though he said central Europe was not an area where vital British interests are at stake, he gave plain warning that if German aggression should result in war there, Britain might be forced into it.

He flatly turned down Soviet Russia's call for consultation against aggressor nations.

Roosevelt Warns South

ON HIS way to Warm Springs President Roosevelt paused in Gainesville, Ga., long enough to deliver sharp criticism of those southerners who are keeping the wage-hours legislation deadlocked in the house of representatives and who have opposed other of his New Deal measures. He asserted that southern workers are underpaid and under-employed and warned that unless this condition is changed the South cannot and will not succeed in establishing successful new industries.

He attacked "selfishness on the part of a few" for holding back "national progress and prosperity," and added: "This nation will never permanently get on the road to recovery if we leave the methods and the processes of recovery to those who owned the government of the United States from 1921 to 1933."

He referred sarcastically to those who insist on a balanced budget, but offer no suggestions on how this can be achieved without putting "dollars ahead of human lives."

"They have the same type of mind," said he, "as those representatives of the people who vote against legislation to help social and economic conditions, proclaiming loudly that they are for the objectives but do not like the methods and then fail utterly to offer a better method of their own."

Chair Set of Filet Crochet

Pattern 5975.

"Such lovely lace!" your friends will exclaim and they'll never guess how little it cost! You'll want to gather up crochet hook and some string and begin at once on this charming chair or buffet set and pillow to match. Quickly and easily done in filet crochet, the peacocks and roses are prettily "set off" by an open mesh. Practical—lasting—exquisite, the chairback may be repeated and used as scarf ends. They all make splendid gifts. In pattern 5975 you will find complete instructions and charts for making the set and pillow top shown; illustrations of all stitches used; material requirements.

To obtain this pattern send 15 cents in stamps or coins (coins preferred) to The Sewing Circle, 259 W. 14th St., New York City.

Please write your name, address and pattern number plainly.

Strange Facts

Cat-Tails Served as Asparagus

YOU can eat the fuzzy cat-tail you have seen so often in marshy places. The Iroquois Indians used the root of the cat-tail plant to make flour. The root is starchy and the Indians dried it and made a flour that is similar to flour made from corn or rice. Cat-tail flour was one of the substitutes the Germans learned to use during the World war. The American Indians also used the root to make syrup. It is the tender shoots of the plant that Cossacks enjoy and it is this part of the plant that is sometimes served in England under the name Cossack asparagus.

The fibrous leaves of the cat-tail plant have often been used to make mats and chair seats. The flower is converted into a substitute for cotton or silk and is made into a filling for upholstery. In this form the flower was used as a dressing for wounds in the World war. The ancient people of India dried the cat-tails and used them as torches. In some places where palm leaves are not easily obtained the cat-tail leaves are used on Palm Sunday instead of palms.

The leaves of the cat-tail are grasslike, growing in double rows on the reed stalk and the flower of the plant is the tail which grows at the top of the stalk. The tail is not a single flour but is made up of thousands of little flowers. The familiar fuzzy surface is due to fine down which grows on each flower.

The cat-tail is one of the most familiar sights in all places where there is marshy ground. In England the plant is called reed mace.

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Learners Are Doers

Many people fail because they pretend they can do the thing before them without having learned how to do it. A great inventor once made a mess of things when he was expected to give a great address to a large assembly. He had never spoken publicly in his life. Knowing the way to do things is important. Learning to play the piano is hard work, as is learning to do anything that is worth doing. The learners are the greatest doers. And learning is always costly.

ARE YOU ONLY A ¾ WIFE?

Men can never understand a three-quarter wife—a wife who is lovable for three weeks of the month—but a hell-cat the fourth.

No matter how your back aches—no matter how loudly your nerves scream—don't take it out on your husband.

For three generations one woman has told another how to go "smiling through" with Lydia E. Pinkham's Vegetable Compound. It helps Nature tone up the system, thus lessening the discomforts from the functional disorders which women must endure.

Make a note NOW to get a bottle of Pinkham's today WITHOUT FAIL from your druggist—more than a *million* women have written in letters reporting benefit.

Why not *try* LYDIA E. PINKHAM'S VEGETABLE COMPOUND?

The Will to Do

Great souls have wills, feeble ones have only wishes.

Write for FREE SAMPLE GARFIELD TEA CO. Dept. 14 Brooklyn, N. Y.

Cleanse Internally

and feel the difference!

Why let constipation hold you back? Feel your best, look your best—cleanse internally the easy tea-cup way. GARFIELD TEA is not a miracle worker, but a week of this "internal beauty treatment" will astonish you. Begin tonight. (*At your drug store*)

GARFIELD TEA

GET RID OF PIMPLES

New Remedy Uses Magnesia to Clear Skin, Firms and Smooths Complexion —Makes Skin Look Years Younger.

Get rid of ugly, pimply skin with this extraordinary new remedy. Denton's Facial Magnesia works miracles in clearing up a spotty, roughened complexion. Even the first few treatments make a noticeable difference. The ugly spots gradually wipe away, big pores grow smaller, the texture of the skin itself becomes firmer. Before you know it friends are complimenting you on your complexion.

SPECIAL OFFER

—for a few weeks only

Here is your chance to try out Denton's Facial Magnesia at a liberal saving. We will send you a full 6 oz. bottle of Denton's, plus a regular size box of famous Milnesia Wafers (the original Milk of Magnesia tablets)...both for only 60c! Cash in on this remarkable offer. Send 60c in cash or stamps today.

DENTON'S

Facial Magnesia

SELECT PRODUCTS, Inc.
4402—23rd Street, Long Island City, N. Y.

Enclosed find 60c (cash or stamps) for which send me your special introductory combination.

Name .....

Street Address .....

City ..... State .....

MAIL THIS COUPON NOW

WHAT to EAT and WHY

C. Houston Goudiss Noted Food Authority

Relates the Miracle of *VITAMINS* and Explains Why *YOU MUST EAT THEM or DIE*

By C. HOUSTON GOUDISS
6 East 39th St., New York.

WE LIVE in the most inspiring age the world has ever known. Chemists grow plants without soil. Doctors snatch men from death with insulin. Surgeons perform incredibly delicate brain operations. *And thanks to the amazing discoveries of nutritional scientists, children enter the world with far better chances for long and happy lives, while men and women of seventy are more active and useful than their grandparents were at fifty.*

Much of the hard-won knowledge of how to eat so as to increase efficiency, curb disease, and improve the chances for longevity is due to the discovery of vitamins.

• • •

VITAMINS DISCOVERED

Twenty-six years ago, a now-famous scientist walked nervously around his laboratory, back and forth—back and forth. He was conducting a nutrition experiment of vast importance. He didn't quite know what he was going to find, but he believed that he was on the verge of a revolutionary food discovery.

The scientist was my friend, Casimir Funk, a brilliant Polish bio-chemist. He had been working on the problem for many years. At last, in the year 1912, his experiments were positive and conclusive. Then he announced to the scientific world that he had discovered a vital force. "This force," said Funk, "I have called vitamine, because it is necessary to life."

Thus, the word "vitamin" came into being, along with the first knowledge of these minute but powerful factors which exert such a tremendous influence on human health and happiness.

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SPARK PLUGS OF NUTRITION

Other bio-chemists throughout the world—including Sir Frederick Gowland Hopkins in England, and Hart, Humphrey, Babcock, Steenbock and McCollum in the United States—had been working on the same problem that Funk had partially solved. They knew that the first step was to find out how vitamins affected the human body, and that the second step was to discover what foods contained these vital substances.

And so there began a long series of experiments in the laboratories of great universities all over the world, which demonstrated what happens when a diet is deficient in any of the vitamins, and proved that if laboratory animals are wholly deprived of vitamins for a short time they will die.

These experiments are of the utmost significance to every homemaker, because the same thing happens to human beings as to experimental animals. Today our knowledge of vitamins has progressed to such a degree that it is possible to state the exact requirement for most of the vitamins and to designate the foods from which adequate quantities can be obtained.

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RESISTANCE AND VITAMIN A

To date, six vitamins have been identified. Vitamin A promotes growth and builds resistance to disease. It is necessary for the health of the mucous membranes of the body and helps to guard against infections of the respiratory and alimentary tracts. It influences the health of the hair and skin, is necessary to prevent a serious eye disorder known as night blindness, and is essential for the formation of healthy teeth.

Vitamin A is found in milk, butter, margarine that has been reinforced with vitamin A concentrate, egg yolk, cod-liver oil, thin green leaves and yellow fruits and vegetables such as carrots, sweet potatoes, apricots and bananas.

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APPETITE AND VITAMIN B

Vitamin B promotes appetite, aids digestion, prevents a serious nerve disorder. It is essential to the maintenance of a good digestion, which is vitally important if the body is to obtain full benefit from the food consumed. This vitamin is closely related to the energy metabolism, and the requirement increases with the rate of growth and with increased energy expenditure, so that growing children and working men and women should receive very generous amounts.

Vitamin B is found in yeast, whole wheat cereals, oatmeal, milk, fresh and dried peas and beans, spinach, cabbage and other greens, egg yolk and liver.

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VITAMIN C FOR TEETH, GUMS

Vitamin C plays an important part in regulating body processes, and prevents the dread disease of scurvy. A lack of this essential vitamin results in profound changes in the structure of the teeth and gums, may be responsible for hemorrhages occurring anywhere in the body, and for the degeneration of muscle fibers generally.

Vitamin C is most abundant in succulent fresh green leaves, such as green cabbage. It is also found in onions, potatoes, oranges, tomatoes, green peppers, bananas and strawberries. In most foods, it is easily destroyed by heat—that is why it is so important to include some fresh raw foods in the diet daily.

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VITAMIN D AND RICKETS

Vitamin D is sometimes called the sunshine vitamin because it can be manufactured in the body through the action of direct sunlight on the skin. This is the vitamin that is necessary for the proper utilization of calcium and phosphorus in building bones and teeth. When it is lacking in the diet of infants, there develops that horrible disease known as rickets, in which the bones become soft and twisted, resulting in pitiful deformities — knock knees, bow legs, pigeon breast.

In foods, vitamin D is only found in appreciable amounts in fish-liver oils and egg yolk. That is why every homemaker should be so grateful to the scientists who labored to discover how to concentrate this precious vitamin from fish-liver oils and add it to foods, or to increase the vitamin D content of foods through irradiation.

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ANTI-STERILITY VITAMIN E

Vitamin E comes in for less discussion than the others, because its significance to nutrition has not been fully determined. It does, however, appear to be necessary for successful reproduction and is found especially in wheat germ and lettuce.

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VITAMIN G PROLONGS YOUTH

Vitamin G is necessary for growth and for the maintenance of health and vigor at all ages. It helps to ward off old age by prolonging the vigorous middle years. It is essential to the health of the skin, and recent experiments demonstrate that cataracts in the eyes may be due to a deficiency of this vitamin, which is found in yeast, and in liver, kidneys, egg yolk, milk, cheese and green leafy vegetables.

One authority claims that chronic disorders of the throat, stomach, lungs, colon, heart and kidneys may be traced to vitamin and mineral deficiencies.

Certainly enough has been learned of vitamin chemistry to make clear that the homemaker fails in her duty who does not provide vitamins in abundance for every member of her family. Both children and adults depend upon you for their food supply. It lies within your power to help them to health and happiness or condemn them to weakness, illness and sorrow. Do not fail them. See to it that every member of your household—your children, the wage earners, the middle aged and the elderly—get enough vitamins to afford them the health that science has placed within their grasp.

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Have You a Question?

Ask C. Houston Goudiss

C. HOUSTON GOUDISS has placed at the disposal of readers of this newspaper all the facilities of his famous Experimental Kitchen-Laboratory in New York City. He will gladly answer questions concerning foods, diet, nutrition, and their relation to health. You are also invited to consult him in matters of personal hygiene. It's not necessary to write a letter unless you desire, for postcard inquiries will receive the same careful attention. Address C. Houston Goudiss, 6 East 39th Street, New York City.

Too Busy for Honors

Once when a university wanted to confer an honorary degree of LL.D. upon Thomas A. Edison, the savants had to carry on the ceremony by telephone. The inventor was too busy with his experiments to go to accept the honor. He was glad when he could hang up the receiver and get back to work.

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RICHMOND PROGRESS

"The Friendly Newspaper That Dares to Tell The Truth"

Entered as second-lass mr tter at the Post Office at Richmond, Californfnia, March 15th, 1935, under the Act of March 3, 1879

A LEGAL NEWSPAPER

Determined a newspaper of general circulation (as defined by Sec. 4460 of the Political Code by the Superior Court of Contra Costa County, State of California

Harry R. Burt, Editor and Publisher

Published Every Monday at 24 W. Richmond Av., Richmond, California

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POOR OLD HOOVER

Perhaps no more pathetic figure in contemporary history can be found than that of bewildered Herbert C. Hoover in 1932. Then president of the United States, Hoover helplessly bobbed up and down like a cork on the waves of economic depression while the nearby Ship of State floundered for want of a leader —which, thank God, we got on March 4, 1933, when Franklin D. Roosevelt became the president of this nation.

It does look today, though, as if the Hoover who has just returned from Europe is even a more pathetic, more bewildered figure than he was six years ago. Judging from his speech, made in San Francisco the other night, even after six years of President Roosevelt's progressive program, poor old Mr. Hoover doesn't yet seem to know what it is all about.

He talks vaguely, for example, about destroying "fear," yet he gives no other formula to dispel that fear than to have this country "sit down and think." With 12,000,000 men out of work he wants everybody to sit down and THINK!

He harangues against "planned economy." And then offers in its place the customary Hooverian platitudes which express only generalities. And which, by the way, can be done much better by any high school valedictorian. We ought to be thankful, of course, that he did not attempt any more of his "noble experiment," "chicken-in-every-pot" "prosperity-around-the-corner" homilies whose sole attribute is their comic value to a people with minds sorely distressed and with hearts cruelly torn at the prospect of starvation.

He says that "Reforms directed to cure business abuses, remedy social ills, old age needs, housing sweated labor, etc., are right." That is fine. But if he thinks so now, or thought so in 1932, why does not Mr. Hoover come forward with ideas like the Undivided Surplus Tax, Securities Exchange Commission, the Social Security Act, the Civilian Conservation Corps, the Works Progress Administration, the Federal Housing Administration, the National Recovery Act, the Agricultural Adjustment Act—all definite Roosevelt plans to make these reforms possible?

The philosophy of the Recluse of Palo Alto may have its place somewhere in the world today; but we do not know where that place would be. The world today acclaims leadership but it has little or no use for the negative vaporings of a poor old man like Mr. Hoover.

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SEE OUR WINDOWS FOR
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Happenings in Point Richmond . . . .

By KATHERINE McCRACKEN

Telephone Richmond 691-W

Point Masons Entertained

The Point Masons tendered members of the local Eastern Star a lovely entertainment Friday evening, which was appreciated by every one present.

The program began with Sheriff John Miller giving an exhibition of stage shooting. He arrived on time but very much bedraggled and haggard from his three days' experience in quelling the strikers in Crockett. He stated that he had had no sleep for three days and nights, and no supper that evening. However, after divesting himself of a small arsenal consisting of two holsters containing guns which he wore under each arm and placing two rifles on the table, he went into action. Aside from the histronics which are a part of all the sheriff does, he certainly did some sharp shooting, and demonstrated the inadvisability of a prisoner trying to escape his vigilance.

Miller explained that he had been besieged by the wives, daughters and sweethearts of the rival union factions in Crockett not to throw nauseating gas bombs abong pickets. He said he had been called everything but a gentleman by the women, and threatened to be torn limb from limb if he did, and his clothing and general appearance suggested that he had not only been threatened but manhandled pretty roughly. He stated that he hoped no tear gas or any bombs would need to be thrown. After his performance he returned post haste to the scene of more strenuous activities in the sugar city.

The Rainbow Girls an organization sponsored by the Masons and Eastern Star then put on the initiation work of the order and it was certainly beautifully exemplified by the Assembly of Thousand Oaks and the young ladies, all of them less than twenty years old, looked their loveliest and did their work with dignity and grace.

The Point Lodge then served a banquet to its guests and congratulations were extended to the Worshipful Master, Clarence Peterson, on a very successful entertainment.

Easter Services at Trinity

The Easter Service at Trinity Church has been arranged for 11 o'clock with T. R. Olsen in charge with an assistant from the Divinity School of the Pacific. Arrangements are being made for a soloist from Oakland, and there will be a full-vested choir.

All former members of Trinity Choir as well as the small boys who have been trained for this occasion are requested to be present.

Mrs. Leslie Turley gave a benefit desert luncheon Friday afternoon to members of the Guild and several personal friends. The guests were Mrs. Nellie Steifvater, Mrs. George Schramm, Mrs. Wm. Janke, Mrs. Guy Williams, Mrs. Thomas Carey, Mrs. Annie McCabe, Mrs. J. E. George, Mrs. Mary Young, Mrs. George Ellis, Miss Millicent Brown, Mrs. Mary Moyle, Mrs. Richard Paasch, Mrs. Walter Paasch, Mrs. C. Brown, Mrs. Chester Stanley, Mrs. Hazel Stewart and Mrs. Winifred Edwards. Prizes were awarded to Mrs. George Ellis, Miss Brown and Mrs. George Schramm.

Mr. and Mrs. Jack Rickenbaugh of Esparto were Richmond visitors over the week end on a business and pleasure trip.

Veteran Dies

Bill Heath, ex-sergeant of Co. G, 30th Infantry, in the Spanish American War, died at Yountville last Friday. He was a member of Admiral Dewey Camp, United Spanish War Veterans, Richmond.

Mrs. Sallie Hicks was calling on her many firends at the Point last Sunday. Mrs. Hicks was formerly a resident here and is always welcomed widely when she returns here.

The Young Matrons Club met this week at the home of Mrs. Denzel McCracken, 4215 Roosevelt avenue. Those who attended were Mrs. Leslie Turley, Mrs. C. Brown, Mrs. Frank Moore, Mrs. Chester Stanley, Mrs. T. K. Olsen, Mrs. Wm. Jackson, Mrs. H. D. Bogue and the hostess. Luncheon was served at 1 p m. after which a social afternoon was spent by the members

Robert Ellis, son of Mr. and Mrs. George Ellis, of Golden Gate avenue, has been awarded the American Legion Poster contest second prize. The Progress picked young Ellis for an artist when he made an exhibit in the Washington School as a pupil in the sixth grade.

PATRONIZE PROGRESS ADVERTISERS

Mr. J. M. Hill, of 230 Castro street, journeyed last week to the Nevada Gretna Green and brought home a bride, the former Miss Marion Sater of El Cerrito. Mr. Hill returned recently from Persia where he was associated with the Standard Oil Company, and is making his home, as are many other high officials of the company, in Point Richmond.

Long Distance is really the SHORTEST distance between two points!

Try it the next time you're away from home. This service is much too useful and comforting to be reserved just for emergencies.

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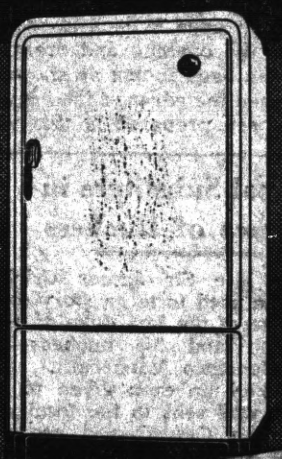

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Phone Richmond 237

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Compact against a wall, quiet in operation, the Gas Steam Radiator has won the praise of thousands.

Come in and get the facts about the new lower gas rates that went into effect this month. See for yourself from actual heating bills how cheap Gas Heating really is. You'll agree you cannot afford any other form of heat for your home.

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Chicks from Blood Tested Stock. Shipped prepaid.
Live arrival Guaranteed.
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A Day at a Time

It has been said that no man ever sank under the burden of the day. It is when tomorrow's burden is added to the burden of today that the weight is more than a man can bear.—MacDonald.

The Importance of Being NEAREST

When you stay at The Palace Hotel in San Francisco, you are *nearest* to the places you will want to visit—the things you will want to do. It stands where five principal streets meet—near business, financial, smart shopping, and theatre districts. Its courtesy and comfort are a tradition—modernly interpreted.

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From $3.50 (single) up

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WNU—12 14—38

Watch Your Kidneys!

Help Them Cleanse the Blood of Harmful Body Waste

Your kidneys are constantly filtering waste matter from the blood stream. But kidneys sometimes lag in their work—do not act as Nature intended—fail to remove impurities that, if retained, may poison the system and upset the whole body machinery.

Symptoms may be nagging backache, persistent headache, attacks of dizziness, getting up nights, swelling, puffiness under the eyes—a feeling of nervous anxiety and loss of pep and strength.

Other signs of kidney or bladder disorder may be burning, scanty or too frequent urination.

There should be no doubt that prompt treatment is wiser than neglect. Use Doan's Pills. Doan's have been winning new friends for more than forty years. They have a nation-wide reputation. Are recommended by grateful people the country over. Ask your neighbor!

DOAN'S PILLS

STAR DUST
Movie • Radio

★★★By VIRGINIA VALE★★★

BETTE DAVIS is still trying to live up to the reputation she made for herself by her performance in "Of Human Bondage," and in "Jezebel" she does pretty well.

Furthermore, she shows as much courage in playing the heroine as she did in that other success—for once again she has a decidedly unsympathetic role.

"Jezebel" is a good picture, with a good cast, and an assortment of Southern accents that's something to hear. It's the first of a collection of Civil war pictures—or rather, pictures with a Civil war background—which will include "The Unvanquished," and "Action in Aquila" as well as "Gone With the Wind," provided they ever get around to making that last one!

—*—

Remember all the to-do about whether Paulette Goddard would or would not land the role of "Scarlett" in that same "Gone With the Wind?" Well, after signing a long-term contract with David Selznick she was assigned to a co-starring role with Janet Gaynor in "The Young in Heart," which ought to

Janet Gaynor

make a delightful picture. And, speaking of the talented Janet, discussions of those Academy awards still echo from the hills about Hollywood. Lots of people thought the little Gaynor ought to receive one of the awards for her performance in "A Star Is Born." In fact, they got pretty sentimental about it, because she won the Academy award for the year's best performance way back in 1927, for her work in "Seventh Heaven."

—*—

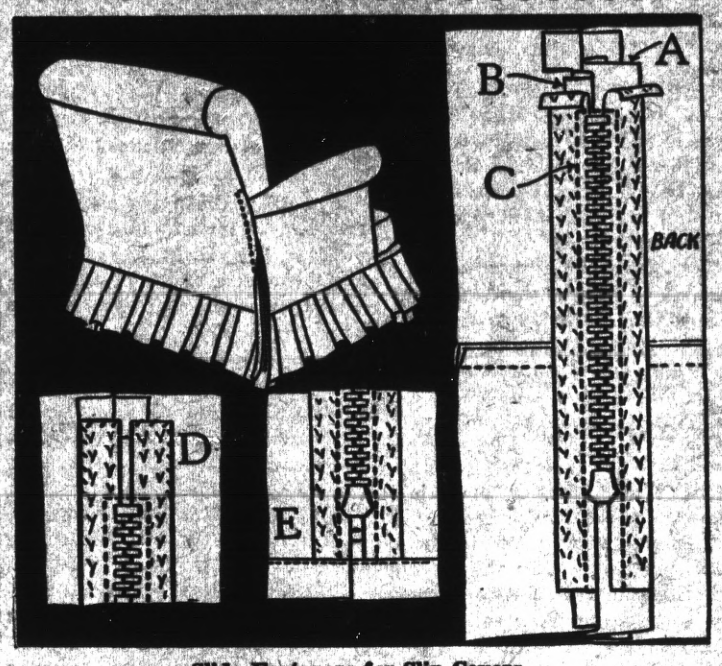
Peter van Steeden is having a lot of fun with a new recording device. When his friends telephone him, he records their voices, and then telephones them later and plays the record back to them.

—*—

ODDS and ENDS . . . That new Tim and Irene show is going great guns . . . May be one of the most popular radio programs of its kind before long . . . Jane Withers has a new trailer which she uses as a dressing room . . . Stan Laurel had to get a new derby for "Swiss Miss"; the one he'd been using for twelve years fell to pieces . . . How'd you like to earn your living by supplying bugs, butterflies and insects to a motion picture studio? A man in Hollywood does it . . . Radio's Voice of Experience was an automobile salesman for thirty days, before he became the Voice of Experience, and averaged a sale a day . . . If you hear Mary Livingston getting mixed up in her lines on that Jack Benny broadcast you'll know that she had something to eat; usually she doesn't eat at all on Sundays until the program's over . . . For one scene in "Holiday" Katherine Hepburn had to run up a fifty-two step stairway; she did it nine times in succession.

© Western Newspaper Union.

HOW to SEW
By RUTH WYETH SPEARS



Slide Fasteners for Slip Covers

IF YOU have slip covers made by an interior decorator and you go in for such niceties as slide fasteners or welted or piped seams the bill goes up and up. If you make the covers yourself all these "extras" amount to very little either in time or money. In fact slide fasteners require less time than a closing with snaps.

Plan the closings for a slip cover during the final fitting when the seams have been basted but not stitched. Sometimes one short placket is all that is needed. Again openings must be left at several points so that the cover will slip on easily.

To apply a slide fastener to a seam placket, turn the slip cover inside out and crease the seam open. Cut a facing strip 1¼ inches wide and 1 inch longer than the opening. Join the facing strip to the back edge of the opening as shown at A. Slash the front of the seam edge ¾ inch above the top of the opening and crease it over the back facing as shown at B. When the edges of the opening have been prepared in this way, press the edge creases with a hot iron. Next, baste and stitch the fastener in place as at C sewing close to the metal. The machine cording foot is useful for this purpose. Do not trim away the tape at the ends of the fastener. Whip the upper ends down as at D, and cover the lower ones with the hem as at E.

NOTE: If you are making new slip covers or curtains or doing other Spring sewing you will want a copy of Mrs. Spears' book SEWING for the Home Decorator. Forty-eight pages of illustrated directions for making curtains for every type of room; dressing tables; lampshades, and numerous other articles used daily in the home. Send name and address, enclosing 25 cents (coin preferred) to Mrs. Spears, 210 So. Desplaines St., Chicago, Ill.

Logical Substitute in Absence of Duchess

The late Sir James Crichton Browne used to tell a story at the expense of the late duke of Marlborough and his duchess—who was Consuelo Vanderbilt. The duke had an emu given to him which was sent to the family estate near Oxford—and great interest was taken, especially by the duchess, in the chances of its capacity for procreation. Eventually it laid an egg.

The duke and duchess were away, so a telegram was sent the latter by the estate manager, to apprise her of the event. It read:

"Emu has laid an egg; in absence of your grace have put goose to sit upon it."

What Is the Cause of "Spider-Web Check"?

If not properly "fed" with a good oil polish, furniture in time develops what is known as "spider-web check!" This appears on the finish, like wrinkles on the human face—fine lines, spreading here and there in a spider-web pattern. This crazing, this light cracking, is known in furniture language as "checking" and "spider-web checking" better describes the condition. This is the danger-signal, on finish! It's the indication of "starving" wood! A warning to the housewife, that if the finish is not cared for immediately and properly, the furniture will develop cracks, ridges and splits. "Spider-web check" is generally the result of either one of these two causes: Polish-neglect—or the use of a poor, cheap polish—without the essential fine, light-oil base. When the furniture is periodically "massaged" with a reputable oil polish (the best is non-greasy), the pores of the wood are "fed" and the piece is preserved. Then "spider-web check" will not appear! The use of a quality oil polish is the best preventive formula for this ugly, detrimental check!

MORE WOMEN USE O-CEDAR POLISH THAN ANY OTHER KIND!

...because O-Cedar not only cleans as it polishes, but *preserves* your furniture—"feeds" the finish, prevents drying-out, cracking. Insist upon O-Cedar Polish, for furniture, woodwork and floors (with the famous O-Cedar Mop).

O-Cedar POLISH MOPS • WAX

CHEW LONG BILL NAVY TOBACCO 5¢ PLUG

Vital Power

Loss of sincerity is loss of vital power.—C. N. Bovee.

As the Hour

Every life, like every hour, has its end.

Why Does a Chicken Cross the Road?

WE are willing to pay one hundred dollars cash money for the best answer to the above question. "Why does a chicken cross the road?" has been a baffling question for years. For the person who gives us the best answer we will pay fifty dollars and to the second best author of a reason, twenty-five dollars, and the next five in line will receive five dollars each.

It is a lot of fun. No matter how crazy or sane your answer may be, you have an equal chance if it is good. The decision of the judges will be final. If in the opinion of the judges there is a tie, equal prizes will be paid to the tied contestants.

Yes, in the event the contestant wins a prize and his or her answer is in promptly, an additional award of a Dummy Dan ventriloquist doll will be given. The contest closes June 15, 1938.

$100.00 IN CASH PRIZES

Award for Promptness

Miss Henrietta Cross, Dept. U
Send your idea at once to
180 N. Wacker Drive
Chicago, Ill.

FIVE *minus* **TWO** *leaves* **FOUR**

WRONG? Well, yes—and no. The arithmetic of your school days taught that if "Mary had five dollars and spent two . . ." three dollars remained. But that is mathematics—not shopping!

In managing a home . . . guarding a limited family income . . . we've simply got to do better than Mary did. We must sharpen our buying wits . . . ascertain where the dollars of extra value lurk . . . take five dollars to town and get much more for the money spent.

Fortunately, there are ever-willing guides right at hand—*the advertisements in this newspaper*. Advertised merchandise is often exceptional value merchandise. It makes dollars S-T-R-E-T-C-H.

AS COMIC ARTISTS SEE THE WORLD

MESCAL IKE — By S. L. HUNTLEY

On With the Dance

FINNEY OF THE FORCE — By Tad O'Loughlin

Robbed of Robes

'KEEPING UP WITH THE JONESES' — To Him That Hath—

By POP MOMAND

S'MATTER POP— Or, When He Goes on a Diet

By C. M. PAYNE

THAT'S SOMETHING

The Old Boulder—A rolling stone gathers no moss.

The Rolling Stone—Very true, but he sees a lot of the world.

Clean Hands

Teacher—Now, I want you to notice how clean James' hands always are. James, tell the class how it is that you keep your hands so nice.

James—Ma makes me wash the dishes every morning.

His Last Word

The conversation had turned to the ways of wives:

Man—When my wife and I have an argument I always have the last word.

Friend—You do?

Man—Yes, I apologize.

"It's Better!"— say Millions about Pepsodent with IRIUM

BOTH Pepsodent Tooth Paste and Powder contain marvelous Irium

● Millions everywhere are singing the praises of Pepsodent containing Irium to get teeth far brighter!

It is wonderful Irium that helps Pepsodent gently brush away stubborn, clinging surface-stains that *hide* the natural brilliance of your teeth... just as a cloud will hide the light of the sun. With these ugly surface-stains *gone*, your teeth reveal the lovely, gleaming radiance they *naturally* should have!

And Pepsodent with Irium works SAFELY—because it contains NO BLEACH, NO GRIT, NO PUMICE. Try it!

HARMONY OF BODY MIND AND SPIRIT
By Taniz Tanagra

SPRING

Today I would fuse with nature's splendor . . . the tranquility of my own thoughts.

The whole earth is so pulsatingly alive. To my ears come earth and air melodies . . . my eyes see beauty in many small things which blended make up the gloriousness of the larger picture.

This is the time of love . . . the spring time of youth . . . the time of tilled and fertile earth. Tiny seeds planted deep in the good earth are slowly opening and sending forth baby plants. Soon flowers will come into their full being . . . fruits and grains will ripen . . . while all nature pledges fruitation for the Autumn Harvest.

And into one's heart comes laughing, tempting, whimsies . . . and longings.

I would walk out into the sunset carrying the seeds of courage, faith, and love for my fellow men . . . and from some high place scatter them into the twilight winds to be carried to far places . . . there to grow anew in the dawn that will be warmed by tomorrow's sun.

The Point Chapter had a Stunt night at its last Thursday meeting in the Point Masonic Temple. Every member was supposed to put on a stunt for the entertainment of the other members. After the affair was over Worthy Matron Ellen Penny and Worthy Patron Phillip Lee and Mrs. Lee supervised a banquet in the lower hall.

The Women's Westside Improvement Club met with Mrs. Leroy Alexander last week and elected officers for the coming year. They were Mrs. J. C. Eaton, president, who has been a very efficient officer for the past year, and the club is fortunate in being able to retain her services for at least another term. Mrs. J. E. George was elected in second place as vice president and Mrs. Marie Cerridono, treasurer.

Arrangements were made for a public card party to be held at the home of Mrs. Amelia Eaton, 31 Nichol avenue on April 31st. At the Monday afternoon meeting after the business session a social hour was enjoyed. Whist was played and prizes awarded to Mrs. Cerridono, Mrs. Amelia Eaton and Mrs. Frank Golden.

Mrs. W. N. McCullough and daughter, Miss Carey, visited Santta Rosa last week, accompanied by her two sons on a sightseeing trip through the valley. The party crossed both bay bridges over and back and altogether had a very fine outing. The McCulloughs live in the old Palmer house on West Richmond avenue and are recent residents of the Point.

A Good Friday will be held in Trinity Church at 3 p. m. This should be a day of fasting prayer by all denominations and all Christians are invited to this service which will be conducted by Mr. D. R. Olsen, a young and most devout Divinity Student, who has charge of the regular service at Trinity and is making a profound impression on all his listeners.

PATRONIZE PROGRESS ADVERTISERS

NOTICE OF COMMISSIONER'S SALE OF REAL ESTATE ON FORECLOSURE
No. 22280

IN THE SUPERIOR COURT OF THE STATE OF CALIFORNIA, IN AND FOR THE COUNTY OF CONTRA COSTA.

HOME OWNERS' LOAN CORPORATION, a corporation, Plaintiff,
vs.
CARMEN PORRAS and BLASA PORRAS, his wife, Defendants.

Under and by virtue of a decree of foreclosure and sale and an Order of Sale issued thereon out of the Superior Court of the State of California, in and for the County of Contra Costa, on the 1st. day of April, 1938, in the above entitled action, wherein the above named plaintiff obtained judgment and decree of foreclosure and sale on the 28th. day of March, 1938, which said judgment and decree was on the 31st. day of March, 1938, entered and recorded in Judgment Book No. 46 at page 439 (to which judgment and decree reference is hereby made), I am commanded to sell at public auction, all of the following described premises, situate, lying and being in the County of Contra Costa, State of California, and described as follows, to-wit:

All that certain piece or parcel of land, situate, lying and being in the City of Richmond, County of Contra Costa, State of California, bounded and described as follows:

PARCEL No. 1: A portion of Block "E" as delineated upon that certain map entitled, "Map No. 3 of the Town of Point Richmond," being a portion of Lots 51 and 48 of the final partition of the San Pablo Rancho, Contra Costa County, Cal. Filed on the 12th. day of September, 1900 in the office of the County Recorder of the County of Contra Costa, State of California, and described as follows:

Commencing at a point on the Easterly line of Spreckels Avenue, distant thereon 245.00 feet Southerly from the Southerly line of Point Richmond Avenue, and running thence Southerly along said Easterly line of Spreckels Avenue, 50.00 feet; thence at right angles Easterly 46.00 feet, more or less, to the Westerly boundary line of lands formerly of Edson F. Adams, et al; thence Northerly along the last mentioned line 50.00 feet to a point; and thence running Westerly 45.00 feet, more or less, to the point of commencement.

PARCEL NO. 2: Lots 15 and 16 in Block "A" as delineated upon that certain map entitled, "Map of Richmond Tract," being a portion of Lot No. 54 of the final partition of the San Pablo Rancho, Contra Costa County, Cal. Filed on the 30th. day of November, 1901 in the office of the County Recorder of the County of Contra Costa, State of California.

PUBLIC NOTICE IS HEREBY GIVEN that Tuesday, the 26th day of April, 1938, at 9:30 A. M. of that day at the entrance of the County Recorder's Office on the main floor of the Contra Costa County Hall of Records Building, located on the easterly side of Court Street, between Main and Ward Streets, in the City of Martinez, County of Contra Costa, State of California, I will, in obedience to said Order of Sale and Decree of Foreclosure and Sale, sell the above described property, or so much thereof as may be necessary to satisfy said judgment and decree with interest and costs and expenses of sale, to the highest and best bidder for cash in lawful money of the United States.

Dated: April 1, 1938.

W. T. PAASCH
Commissioner appointed by Court.

HAROLD SAWALLISCH
American Trust Building
Richmond, California.
Attorney for Plaintiff.
Publish April 4-11-18-25.

Chinese Widely Spoken

Chinese is the most widely spoken language, and it has been estimated that at least 400,000,000 speak it in its various dialects. English is next, with 200,000,000, followed by Russian, 140,000,000 Hindustani, 100,000,000; German, 80,000,000; French and Spanish, 70,000,000 each; Japanese, 65,000,000; Portuguese, 60,000,000; Italian, 50,000,000; Polish, 16,000,000; Greek, 9,000,000; Serbo-Croatian, 8,000,000, and Bohemian, 7,000,000. Although there are about 5,000 languages spoken in the world, no other language has 7,000,000 speaking it.

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